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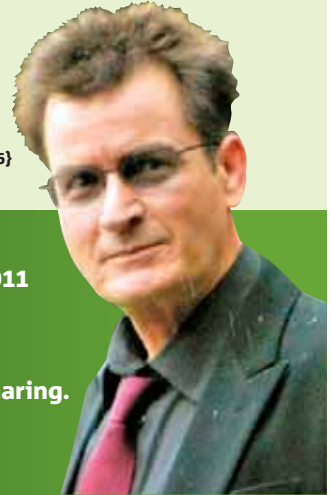
THREE-MEAT CHILI A SUPER BOWL TO BEAT THE COLD

{page 19}



IN TREATMENT SHEEN SEEKS HELP AFTER WILD WEEK

{page 16}



CALGARY

metro

Monday, January 31, 2011
 www.metronews.ca



News worth sharing.

Albertan a witness to chaos

- ▶ Frank Naboulsi has lived in Egypt for four years
- ▶ He was the general manager of the Fairmont Palliser in Calgary for six years

KATIE TURNER
 CALGARY@METRONews.CA

While standing guard outside the hotel he manages, Albertan Frank Naboulsi said he could hear gunshots ringing out from across the Nile River.

As the vice-president and general manager of the Fairmont Nile City in Cairo, Naboulsi said he's experiencing Egypt's anti-government protests first-hand, but he's not scared.

"Unfortunately, when you have the circumstances that have taken place in Egypt with everyone demonstrating, everyone is taking the law into their own hands," he said. "If we don't show a strong stand, what they do is they enter buildings, take whatever they want, then put it on fire."

At home in Edmonton, Naboulsi's wife, Lisa, said she's confident her husband is safe but worries about the future of his industry.

"I'm more worried about what's going

Fairmont Nile City

- ▶ Frank Naboulsi said several guests at the Fairmont Nile City are still going sightseeing during the day.
- ▶ However, he said the guests are contained to the hotel during the evening.
- ▶ No guests or staff at the hotel have been injured.

to happen five or six months down the road, when there's no business in Egypt and all the hotels are empty."

Naboulsi said while the tourists staying at his hotel are safe, many are choosing to leave the country, dealing a blow to Egypt's tourism industry.

"At this point, we need the government to start taking control of the streets and put the laws back in place so we can start to operate again," he said. "There is turmoil, we can't deny that, but at the end of the day Egypt will rebound as it always has and Cairo will still be a destination for a lot of travellers."

NHL. All-star game



▶ Team Staal's Marc Staal, left, tries to check Team Lidstrom's Danny Briere during the NHL all-star game at the RBC Center yesterday in Raleigh, N.C.

KEVIN C. COX/GETTY IMAGES

League's best lace 'em up

Team Lidstrom won the 58th edition of the all-star game 11-10. Story, page 24.

Pet or partner, who to choose?

14% would ditch sweetheart for furry friend, poll finds {page 18}

'This is a party at a crossroads'

Leadership fight will ultimately define Tories: Observers {page 4}

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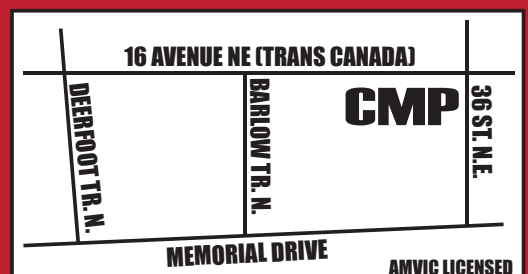
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AMVIC LICENSED

Police investigate two home invasions

Calgary police are investigating two home invasions over the weekend.

Around 5 a.m. Saturday, as many as seven men dressed in black stormed into a home in the 200 block of Hamptons Mews NW.

Police say the men restrained four people inside the home, searched it and then left.

A second home invasion took place around 2:30 a.m. yesterday morning, as two men forced their way into a basement residence in the 1500 block of 35th Street SE, police said.

A weapon was discharged in that incident but no one was hurt. The suspects made off with some undisclosed property in a silver car. **METRO**

Terror suspect's wife says he's innocent

The common-law wife of a Canadian man suspected of supporting a terrorist group says her husband is innocent.

Cara Rain says Sayfildin Tahir Sharif "is not a terrorist" but a kind, generous family man.

"The man I have known and become to love would never and could never hurt a fly, never mind the things he is being accused of," said Rain in a statement.

Sharif was arrested by the RCMP in Edmonton last month at the request of the FBI. **THE CANADIAN PRESS**



► Jonathan Kane, owner of Kensington's The Naked Leaf, said free LRT service to the Sunnyside Station would allow his business to compete with malls offering free parking and other options.

Free fare zone to be extended?

- Aldermen propose extending free service to Victoria-Stampede station
- No fare is required currently for all stops on the 7th Avenue downtown



JEREMY NOLA
@METRONEWS.CA

As three Calgary aldermen push to extend the LRT free-fare zone one stop south to Victoria-Stampede station, some local businesses near the northwest line are asking for the same reprieve.

Removing fare requirements for Sunnyside station — the first stop after 7th Avenue on the northwest line — would provide added incentive for shoppers in the nearby Kensington

district, said Jonathan Kane, owner of The Naked Leaf.

"Anything that helps increase traffic to small and private business is only beneficial," he said.

Karen Vogl, a manager at The Cat's Pyjamas, agrees, "It would be excellent. Our major problem in this area is lack of parking — a lot of people hesitate to come down here with a car."

But Ald. Ray Jones, who is pitching the Victoria extension along with Aids. Andre Chabot and Diane

Is it fare?

► Extending the free-fare zone to Victoria-Stampede station could create a revenue shortfall of up to \$2 million, according to projections.

► Ald. Andre Chabot says

Colley-Urquhart, said the proposal is meant to aid groups hosting events at the BMO Centre on the Stampede grounds. "It's not about shop-

the losses are acceptable because conventions bring numerous economic benefits to the city.

► Ald. John Mar said any move that increases transit usage is positive but has questions about revenue impacts, especially with regards to safety.

ping," he said. "It's about trade space for people that are coming from other parts of the world to do a convention or a trade show."

1

news


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Please visit the **Calgary Police Commission Website** for further information, criteria and a copy of the nomination form, www.calgarypolicecommission.ca

Alberta Tories face defining leadership race

- ▶ Progressives Conservatives in power for 40 years
- ▶ A big tent party of red Tories, conservative hardliners

After getting knocked for a loop last week, Alberta's Progressive Conservatives now awake to a potentially divisive leadership race, but one that will ultimately decide what they stand for, say political scientists.

"This is a party at a crossroads," says Doreen Barrie, a political scientist at the University of Calgary.

"What they're now faced with is whether they really are a right-wing government.

"And they'll be defining themselves ideologically as a right-wing government if they go with Ted Morton."

Morton, the 61-year-old finance minister and staunch fiscal conservative, was the first cabinet minister last week to quit his portfolio and sign up for the race to replace outgoing Premier Ed Stelmach.

Stelmach, just three years removed from a massive majority election win, shocked his caucus on Tuesday when he said he will resign after the spring session.

Reports say that Stelmach, saddled with a low popularity rating and a surging rival in the Wildrose Alliance, was getting



▶ Ed Stelmach

"Morton has his lists ready ... He's got a lot of support out there in the party. He's good to go."

KEITH BROWNSEY,
POLITICAL SCIENTIST

Brownsey says a lot has changed since then. The Alliance is threatening to usurp the Tories as Alberta's traditional fiscal conservatives. They have an effective leader in Calgary businesswoman Danielle Smith and an organizing team composed of many former Tories.

heat from insiders to pull the plug, and that the last straw came when Morton threatened to resign rather than back another deficit budget.

Morton mocked those reports, but didn't specifically deny them either, and two days later he did indeed resign.

The race could be déjà vu for the PCs.

Morton ran in 2006 in the race to replace Ralph Klein as premier, and it was fear that Morton would marginalize the party by taking it to the far right that sparked a push by moderates to elect Stelmach.

Political scientist Keith

"They figure they're going to be outflanked on the right and want to move their own party there."

Brownsey says it's clear the 67-member Tory caucus is divided and that Morton can capitalize.

THE CANADIAN PRESS

Chinese. New Year



▶ Winnie Cai, 10, from left, Riley Chan, 13, and Bethany Chan, 11, students of the Calgary Tai Chi and Martial Arts College were among the many performers at the Chinese Cultural Centre yesterday during the 2011 Year of the Rabbit Chinese New Year Carnival.

KATIE TURNER/METRO

Ringing in the year of the rabbit

The Cultural Centre was a hub of activity this weekend during the two-day celebration, which included performances of the traditional Dragon and Lion dance, along with an indoor bazaar. The Year of the Rabbit doesn't officially begin until Feb. 3.

Lots of clicks for fired ski patrol

Facebook likes

- ▶ The Support Ski Patrol Facebook page has had almost 60,000 views since Thursday.
- ▶ Creator's hope to have a website up and running today where people can buy a t-shirt in support of the four workers.
- ▶ Sales of t-shirts that read: I heart ski patrollers: now is the winter of our discontent, have raised \$1,300 to date.

In 48 hours, more than 1,500 people have clicked "like" on a Facebook page started in support of the four former-employees suing Sunshine ski hill for wrongful dismissal.

The Facebook page entitled Support Ski Patrol wronged by Sunshine Village Ski Resort was started up on Thursday, a few days after the official Facebook page of the ski hill was shutdown.

"We thought we would give it a break," said Doug Firby, spokesman for Sunshine. He said conversation

on the page had become dominated by the topic of the fired workers and the page was no longer serving its purpose as a forum to share experiences.

So, up goes a new Facebook page, built by patrol supporters.

"The Facebook page was getting a lot of pro-ski-patrol comments and they shut it down — at that point there was no place for people to comment," said the creator's of the Support Ski Patrol page, who wished to remain unidentified. ● CAROLINA NOVOTNY



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- 6 Iggy Investigates an iPad
- 7 McNugget Rampage
- 8 Don't Argue With an Ibex
- 9 Bigfoot and Timmy Peeler
- 10 Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010,
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SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

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06

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metronews.ca

MONDAY, JANUARY 31, 2011

TARA TODRA WHITEHILL/THE ASSOCIATED PRESS



► An anti-government protester holding a sheet reading "Freedom" demonstrates yesterday in Cairo, Egypt.

Egypt's military moves to take control of Cairo

► Army has been generally welcomed unlike widely despised police ► Noted advocate calls for change

Egypt's most prominent reform advocate called yesterday for President Hosni Mubarak to resign after the powerful military stepped up its presence across the anarchic capital, closing roads with tanks and sending F-16 fighter jets streaking over downtown.

The army's show of force appeared aimed at quelling looting, armed robbery and arson that broke out alongside pro-democracy protests and have turned the cultural heart of the Arab world into a tableau of once-unimaginable scenes of chaos.

The military made no at-

tempt to disperse some 5,000 protesters gathered at Tahrir Square, a plaza in the heart of downtown that protesters have occupied since Friday afternoon. They have violated the curfew to call for the ouster of Mubarak's regime, which they blame for poverty, unemployment, widespread corruption and police brutality.

Nobel Peace laureate Mohamed ElBaradei appeared in the square around 7 p.m.

"You are the owners of this revolution. You are the future," he told the cheering crowd.

THE ASSOCIATED PRESS

Crisis continues

- Banks were closed on orders from Egypt's Central Bank, and the country's stock market was shut on what is normally the first day of the trading week.
- An unprecedented Internet cutoff remained in place for a third day.
- Gangs of armed men attacked at least four jails across Egypt before dawn, helping to free hundreds of Muslim militants and thousands of other inmates.
- The official death toll from five days of growing crisis stood at 74, with thousands injured.

CHARTER FLIGHTS

Feds to fly Canadians out of Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon said charter flights will begin to fly Canadians out of the country today.

He said those who chose to get on those

flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon said there have been no reports of Canadians injured or killed in the Egyptian demonstrations, which are now in their sixth day. But he said Canada is now recommending that citizens leave Egypt.

THE CANADIAN PRESS

Mom accused of murder back in jail

A Florida woman accused of killing her teenage son and daughter was released from a hospital yesterday morning and taken back to jail.

Julie Powers Schenecker, 50, had been receiving treatment for an unknown medical condition that existed before her arrest Friday. She is scheduled to make her first court appearance today.

THE ASSOCIATED PRESS

Death toll from train crash may rise: Officials

- Most of the dead killed on impact, say German police
- Cause of tragedy still unclear ► Both trains caught fire

German authorities say the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field.

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf, close to Saxony-Anhalt's state capital Magdeburg, vaulting the passenger train from the track and tipping it onto its side.

The front rows of the



► The cargo train's engine

first passenger compartment were crushed and several seats lay outside the train.

"The crash was so strong that the passenger train was catapulted off the

tracks," Armin Friedrich, the police officer in charge of the rescue efforts, said at a news conference in Hordorf, about 200 kilometres southwest of Berlin, Germany's capital.

Nearly 200 police and rescue workers were sent to the crash site. It's one of the worst train accidents in Germany's history.

In 2006, 23 people were killed in a train accident in Emsland in northern Germany and 101 people died in 1998, when a high-speed train derailed near Eschede in Lower-Saxony.

THE ASSOCIATED PRESS

China. Lunar New Year



► A Chinese girl smiles to a friend as a train pulls away from the station in Beijing, China.

NG HAN GUAN/THE ASSOCIATED PRESS FILE

China ramps up for mass migration

Transportation officials in China say Lunar New Year holiday travel has been generally smooth ahead of the biggest travel days of the year. About 230 million people, more than the entire population of Brazil, are expected to take part in the world's biggest annual human migration. For many, it's the only chance they get to visit home all year. The Lunar New Year falls on Thursday.

Mother charged with assault

A Barrie, Ont., mother is accused of inappropriately punishing her nine-year-old by using a scrub pad on the child's hands.

The 49-year-old mother of two was charged with assault causing bodily harm.

THE CANADIAN PRESS

Outlawed leader returns

Rachid Ghanouchi, leader of the Tunisian Islamist party Ennahdha, returned home yesterday after two decades in exile. President Zine El Abidine Ben Ali was ousted by violent protests two weeks ago.

THE ASSOCIATED PRESS

Election fever to rise, say analysts

Expect ballot-box fever to climb today when MPs return to Ottawa from their Christmas break. With the economy uppermost in voters' minds, analysts point out this might persuade Stephen Harper to call an election.

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School removes smoking shelter

A smoking shelter built as part of a pilot program at a Manitoba high school has been removed following an investigation by the province's education minister.

Despite a 2008 ban

on smoking on school property, the project was suggested as a way to deal with loitering in front of the school.

"This came as a complete and total surprise that this was even occurring and this so-called structure was being put up," Education Minister Nancy Allan said earlier this month.

Randy Hildebrand, the chairman of the Hanover School Division, said the board is disappointed the shelter had to come down.

THE CANADIAN PRESS

U.S. won't halt aid for Haiti despite deadlock

ALEXANDRE MENEGHIN/THE ASSOCIATED PRESS



► U.S. Secretary of State Hillary Clinton

► Riots broke out after disputed preliminary election results

The U.S. has no plans to halt aid to earthquake-ravaged Haiti in spite of an election crisis but does insist that the president's chosen successor be dropped from the race, U.S. Secretary of State Hillary Clinton said yesterday.

Only two candidates can go on to the delayed second round, now scheduled for March 20. The U.S. is backing an Organization of American States recommendation that the candidate from Rene Preval's party, government construction official Jude Celestin, should be left out.

The top U.S. official at the UN, Susan Rice, said recently "sustained support" from the U.S. required the OAS recommendations be implemented. Many Haitian

"One of the ways we want to help them is by making sure that their political choices are respected."

U.S. SECRETARY OF STATE
HILLARY CLINTON

officials, including leaders of Preval's Unity party and rival candidate Michel Martelly, interpreted that to mean the U.S. was threatening an embargo and cutting off aid.

Clinton flatly rebuffed that suggestion: "We're not talking about any of that," she said yesterday.

Asked if there were any set of circumstances that would prompt Washington to cut off aid, Clinton said, "At this point, no."

THE ASSOCIATED PRESS

Southern Sudan votes to secede

More than 99 per cent of voters in the Southern Sudan opted to secede from the country's north in a peaceful vote held earlier this month.

The announcement drew cheers from thousands in Juba, the dusty capital of what may become the world's newest country.

THE ASSOCIATED PRESS

Hundreds pray for Mandela

Hundreds gathered at Regina Mundi church, a former centre of anti-apartheid protests and funerals, for former South African president Nelson Mandela.

Mandela was released from the hospital earlier this week after being treated for an acute respiratory tract infection.

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Tax shelters ding clients for overpayment

► Finance Minister Jim Flaherty says the government will be flexible while banks and clients learn about the shelter

Canadians are still confused about the rules for a popular tax shelter heavily promoted by the Tory government and the big banks, a new study suggests.

At least 72,000 Canadians were hit with unexpected tax bills last June after getting notices they had violated a key restriction on Tax-Free Savings Accounts, or TFSAs.

"Our big banks (also) have some culpability."

RETIREE GEORGE CZERNY

The little-known wrinkle says account holders can replace amounts they withdraw from a TFSA only in the next calendar year. Doing so in the same year results in a tax hit for their "overcontribution," even though they're only replac-

ing the withdrawn funds.

Participants in the study were TFSA account holders and experienced in web browsing — but were stymied by the revenue agency's own website when asked to locate the rules governing TFSAs.

Confusion about the TFSA overcontribution rule can be traced back to Feb. 26, 2008, when Finance Minister Jim Flaherty announced the surprise tax shelter in his budget.

Millions of Tax-Free Savings Accounts have been set up since they came into effect on Jan. 1, 2009. Canadians can deposit up to \$5,000 each year, and any earnings in the account attract no taxes, though deposits do not reduce taxable income like RRSP deposits.

Retiree George Czerny successfully appealed to get his \$200 in overcontribution refunded and blames both the federal government and the big banks for

Payback

After creating a Tax-Free Savings Account with a loophole, the government is paying back.

- Number of people hit with the unexpected tax: 72,000.
- Number of people who paid without seeking waiver: 28,100.
- Amount the government has offered in a waiver: \$179.10.

his financial headache.

"I'm not against TFSAs, but I deplore the way the program was launched," he says, citing a copy of the brochure sent to him by the office of Helena Guergis, his local MP. "Our big banks (also) have some culpability."

8 Somali pirates killed

Five Somali pirates were captured when South Korean commandos raided the hijacked Samho Jewelry, a South Korean-operated cargo ship in the Arabian Sea. They could face life imprisonment, the coast guard said.

The men were arrested a week after pirates seized the freighter and its 21 crew members. The commandos rescued all crew members — eight South Koreans, two Indonesians and 11 Myanmar citizens — and killed eight Somali pirates.

THE ASSOCIATED PRESS

21

Crew members were saved including 8 South Koreans, 2 Indonesians and 11 Myanmar citizens.

Russia. Polar bear



► Russian people swim in -3 C temperatures.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Russians brave cold for WWII victory

Russian people swam with Soviet flags marking the 68th anniversary of the breaking the Nazi siege of Leningrad during the Second World War in St. Petersburg, Russia, yesterday.

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Oil, gold surge in wake of Egypt unrest

- Mideast, jobs, corporate results in spotlight this week
- Analysts hope for job bounce from stimulus measures

Geopolitical concerns, corporate earnings and most particularly the latest reading on U.S. job creation will set the tone for stock markets this week.

Investors will be watching commodity prices, which surged on Friday after unrest in Egypt threatened to spread across the Middle East. Traders ended the week by piling into resources, oil and gold futures and other traditional safe havens.

Meanwhile, employment reports for Canada and the U.S. come out on Friday and hopes are high that the data will show job creation is still on track.

Eye on earnings

- Geopolitical uncertainty going into the weekend sent oil surging almost \$4 US and gold up just under \$22 US.
- Investors will look to corporate earnings this week, as Imperial Oil releases results today and Suncor Energy reports on Wednesday.
- The market consensus for year-over-year earnings growth is more than 20 per cent, Mackenzie Financial's Norman Raschkowan says.

"I think in order for confidence to come back, you

need to see improvements in the employment picture," said Norman Raschkowan, North American strategist at Mackenzie Financial Corp.

Expectations for January are relatively modest at about 150,000 new jobs in the U.S.

As for Canada, Michael Gregory, senior economist at BMO Capital Markets, expects to see more of the same kind of job creation sustained over the past few months. "We've seen job growth bounce around between 10,000 and 20,000 per month, which is not bad," he said.

THE CANADIAN PRESS

Advertising. Food fight



► A costumed promoter greets customers at a Taco Bell in Mountain View, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

Legal beef is bull, fast-food giant insists

Taco Bell launched a massive campaign on Friday to counter a class-action lawsuit filed in California charging its filling doesn't have enough beef to be called that. The chain took out full-page newspaper ads trumpeting, "Thank you for suing us. Here's the truth about our seasoned beef." It also released a YouTube video.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 27.38 (13,437.58)	- 0.79¢ (99.89¢ US)	+ \$3.70 US (\$89.34 US)	\$4.343 (+ 0.02¢)
			Gold contracts \$1,341.70 (+ \$21.90)

Mideast stocks drop

The losses, led by a drop of 4.3 per cent in business hub Dubai, reflect concerns regional unrest could spread. THE ASSOCIATED PRESS

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IT'S FUN TO THINK ABOUT BEING PREMIER

In Defence Of ...

MIKE MORRISON



Hopefully, you've heard that Ed Stelmach is stepping down as premier.

For concerned citizens, the immediate question becomes: Who is going to replace good ol' Eddie. Sure, some guy named Ted Morton has announced he will be going after the province's top job, but have you seen him? If he was on Twitter, his permanent hashtag would be #boring. Remember a few months ago, when Naheed Nenshi won and everyone was convinced the voice of the young would finally be represented? Those were the days, weren't they? That's why, after a few hours of thinking about it and realizing that buying "mikeforpremier.com" would only cost \$10, I've decided to announce that I want to run for premier. (Please note this is significantly different than declaring that I'm running for premier — I'm merely stating that it would be fun.) And aren't we all missing the fun that used to come with being premier? Who doesn't remember and miss the days of Ralph Klein? We could always depend on him to keep us entertained. Whether he was throwing booklets at pages, or running his campaign from the St. Louis Hotel and Bar, he made politics fun

and that's what I would bring back — well, that and Ralph Bucks. Frankly, Stelmach has been like that bland uncle who you put up with because he gives you good Christmas gifts (see: No provincial sales tax). I know what you're thinking, "But Mike, if you are anything, you are the opposite of Conservative." And you would be right, but if our recent history is any indication, the trick to being a successful premier in this province is to get along with anyone or be disliked by everyone.

I'm happy to say that I'm fully capable of doing both. Just ask my roommates or anyone I ever dated. In a province that has had the same government for more than 40 years, I'm not really sure actual politics and beliefs even matter. Working in my favour is the fact that I'm still not convinced that a clear agenda is actually even necessary to win the Conservative leadership. I'm fairly certain I could just read some city periodicals every second Monday to get a solid grasp of the right's politics. From what I can tell: Teachers bad. Oil good. There, that wasn't that hard. And as long as there are people from the Alberta and Wild Rose parties tweeting bold statements like "ABs are proud to be rat-fee," I think I'm going to be just fine.

"Whether (Ralph Klein) was throwing booklets at pages, or running his campaign from the St. Louis Hotel and Bar, he made politics fun and that's what I would bring back ..."

Cartoon

MICHAEL DE ADDER



Small-screen favourites

Letters & Tweets

We asked: What's your favourite TV sitcom?

@trudi_e: Maude. It even had an awesome song.
@MissPeachyBum: My favourite TV by far has to be The Big Bang Theory. Finally, a show for people like me!
@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all time.
@dwjones83: would i be looked at funny if i said Family Matters? lol.
@benjamin_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate to!
@Projectwitz: Episodes on showtime has quickly become my current favourite.

No flipping



@dukesterHFX: my favourite sitcom had to be Gilligan's Island.
@mikeatqazam: there are a lot of good sitcoms but my fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius.
@crestsofwaves: Everybody Loves Raymond, 8 Simple Rules.
@glorified_gv: Cosby.

Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe?
@velvetdress4u: Man hands. Low talker. Of course it's Seinfeld!
@JulesMBurke: Modern Family is my fav sitcom!!
@pennyroyal00: Favourite sitcom is Reba.
@jla30: Definitely has to be Friends. I still love watching the reruns.

What is the funniest Twitter feed you follow?
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Metro Minute at Military Museums

Today is your last chance to check out Unravelling The Yarns: War Rugs And Soldiers, an exhibit at The Military Museums.

The exhibit, which has been featured since September, showcases the Fyke Collection of Afghan war rugs and tells stories about various weaponry showcased on hand-knotted carpets.

The exhibit's curators

include Michele Hardy with the Nickle Arts Museum, Colleen Sharpe with the Founders' Gallery, and Sgt. Christopher Mavin with the Princess Patricia's Canadian Light Infantry.

The Military Museums are located at 4520 Crowchild Trail SW and are open from 9 a.m. to 5 p.m. Admission is \$10 for adults, \$5 for seniors, and \$4 for youth. ● METRO



► This rug is part of the Fyke Collection, which is on display for one more day at The Military Museums.

CONTRIBUTED

2
scene

SNL



Facebook co-founder Mark Zuckerberg and his The Social Network doppelganger Jesse Eisenberg, pictured, made friends on Saturday Night Live. Zuckerberg joined host Eisenberg for the opening monologue of the show Saturday. The two said they had never met, despite Eisenberg playing Zuckerberg in the widely hailed Oscar-nominated film. Eisenberg told Zuckerberg that he liked him on 60 Minutes and then asked if he had seen The Social Network. Zuckerberg, who has called the film inaccurate, responded that he had seen the film and that it was "interesting."

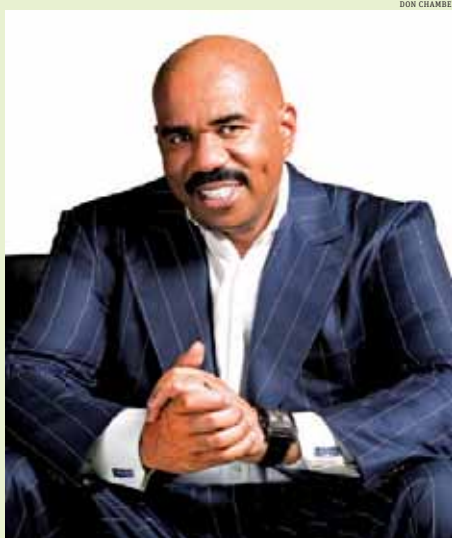
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of the Screen Actors Guild awards

The bestsellers' advice

► Between them they have sold millions of self-help books ► So we asked the biggest names for all the answers ► Choose the voice that suits you best and then follow-up with one of their books



DON CHAMBERS

► The comedian/relationship guru sold millions of his first book, *Act Like a Lady*

STEVE HARVEY

How can I be happy?

You should never look for a person to make you happy. No one can make you happy first. No one can take you from a miserable state of being, and make you happy.

If you are waiting for someone to make you happy you are going to be disappointed.

You should merely be finding someone that completes you or compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding happiness then is not as much of a challenge for you.

I think one of the best ways to do this is to revert to the old-fashion way of communicating.

Reduce your use of emails and texting to

your significant other. Get back to talking, by leaving voice messages. That clears up a lot of confusion because texting/emailing has no emotion.

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong.

You've got to get back to some basic ways of communicating, especially face-to-face meetings.

What could the world at large do, collectively, to make the planet a better place?

There is only one answer for that. If everybody had a wonderful relationship with their creator, their God, it would make everything better.

I unfortunately don't think that is ever going to happen, but that is the only solution I have.



LEO BABAUTA

THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LATEST BOOK, *FOCUS*, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?

Create space in your life. Cancel a few commitments, add space into your schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to find solitude, to

create. It's one of the most important things you can do.

What can the world at large do, collectively, to free itself? Promote minimalism. It's not a life where you live with as little as possible. It's a life where the focus isn't on consuming and spending, but on connect-



ing with others — creating, enriching your life and the lives of others. It's also a life where we consume less and have less of an impact on the Earth.

TIMOTHY FERRISS

LAUGH ALL YOU WANT AT HIS BOOK TITLES: *THE 4-HOUR WORKWEEK*; *ESCAPE 9-5, LIVE ANYWHERE*, AND JOIN THE NEW RICH AND THE 4-HOUR BODY: AN UNCOMMON GUIDE TO RAPID FAT-LOSS, INCREDIBLE SEX, AND BECOMING SUPERHUMAN. FERRISS HAS A HUGE FOLLOWING (AND A SIX PACK).

How can I find time to focus on happiness?

Experiment with a low-cost virtual assistant (VA). What would you do if you have three-day weekends for the rest of your life? If you can save just eight hours per week with a VA, that's effectively what you've done. If you make \$50,000 per year, you

make approximately \$25/hour, assuming two weeks of vacation annually. Just cut the last three zeroes off of your income and halve the remaining number to estimate your hourly income.

If you find someone for \$5 per hour, that is a minimum 400 per cent return-on-investment, not to



mention your newfound free time. Time is your most valuable, non-renewable resource. Check out tryasksunday.com or elance.com for options.

MARIANNE WILLIAMSON

ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN WEIGHT LOSS, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOLOGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

In the book, you sound blissfully happy. Where can I get some of that?

The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has

to make. If you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others, then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work



because there is no world outside your consciousness.

MARK NEPO

OPRAH NAMED HIS THE BOOK OF AWAKENING ONE OF HER FAVOURITE THINGS, INSPIRED BY THE CANCER-SURVIVOR'S INTIMATE TALES OF PERSEVERANCE AND GRIEF. HIS POETRY CAN BE FOUND AT MARKNEPO.COM.

You write a lot about connecting with others. How can we connect more?

I can only ask we treat each day and moment as new, slow and open our attention until our hearts and minds are refreshed with a celebration of how rare it is to be alive. I have found that happiness

depends on leaning into life with an acceptance in working with what we're given. While our understandable fear of loss and suffering isolates us, it is the experience of loss and suffering that joins us. It is this brave and tender openness of heart that can, hand by



hand and heart by heart, make the world a better place.

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Lovers loved Like Crazy

► Sundance shines on film, actress Felicity Jones ► Another Earth creators gush over 'greatest week'

A film about young lovers in a long-distance relationship called *Like Crazy* was awarded the grand jury prize for a U.S. drama at the 2011 Sundance Film Festival. Its star, Felicity Jones, also received a special jury prize for acting in the movie.

America Ferrera presented the acting award to

Jones, who was not in attendance at the Saturday night ceremony, saying "the 2011 Sundance Film Festival will go down as the year of the actress."

Peter D. Richardson's film *How to die in Oregon* won the grand jury U.S. documentary prize.

It follows terminally ill patients living in Oregon, the first state to legalize physician-assisted suicide.

Also recognized were Mike Cahill and Brit Marling's sci-fi film *Another Earth*, which won a dramatic special jury prize and the Alfred P. Sloan award. Cahill, who directed and co-wrote the movie, said "this is the greatest week of our lives."

The film is about two strangers brought together the night before the dis-



► The Simpsons creator Matt Groening presents the Grand Jury Prize: U.S. documentary award on Saturday at Sundance.

covery of a duplicate Earth.

The Festival's Awards Ceremony was hosted by actor Tim Blake Nelson, who appears in the comedic bank heist film *Flypaper*, which premiered at Sundance.

Nelson told the audience, "If you win a prize today, that's fantastic. Congratulations. But if you don't, persevere because if you have made it this far, trust me, your film will find a home."

THE ASSOCIATED PRESS

King claims victory

Tom Hooper pulled off an upset win Saturday for the top film honour at the Directors Guild of America Awards for The King's

Speech, knocking out competitor *The Social Network*. The two meet again at the Academy Awards.

THE ASSOCIATED PRESS

30 Years

The Sundance Film Festival hit its 30-year milestone this year.

► Founded by Robert Redford, the festival was started to promote independent cinema.

► Hosted in Park City, Utah, the festival wrapped this year on Saturday.

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TV's darling Dexter unfazed by killer year

► Now cancer-free, Michael C. Hall shares how he kept his personal health a secret from his cast ► And the odd requests he gets from fans



► Michael C. Hall: He's OK with severed body parts.

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METRO WORLD NEWS IN LOS ANGELES

After five seasons and countless victims, Michael C. Hall has gotten used to playing serial killer-killing serial killer Dexter Morgan on *Dexter*.

And after the announcement a year ago that he was undergoing treatment for lymphoma, Hall is getting used to being cancer-free.

He spoke with Metro about keeping his health problems a secret, playing a sociopath and why the death and dismemberment of Dexter doesn't bother him.

Your cancer is fully in remission, but is it true you didn't tell anyone on the show about it at first?

I found out about it while we were shooting the 10th of 12 episodes of the fourth season. Everybody is exhausted at that point, so if I

seemed tired, I don't think it seemed suspicious. ... I wanted to get as much information as possible and make as many decisions as possible before I let anyone know about it.

But because I had some personal appearances, I knew people would ask questions about my eyebrow-lessness.

Is it fair to say Dexter doesn't feel emotions?

I think we're meant to be

suspicious of Dexter's claim at the beginning that he doesn't have the capacity for emotion.

Do you see him as a villain or a hero?

There's a sort of magical fantastical element to the show and to the world of the show — to see him as a person.

Did you ever consider yourself a squeamish person, and has that changed?

Not really, no. If we had real severed body parts, I would lose my lunch as soon as anybody. But if I know it's fake, I can really appreciate how much I can endow it with reality.

When you watch the show yourself, are you critical or can you enjoy it?

Both.

What kind of attention do you get from people in public?

Some people say, "You know, if you run out of people to kill, I have... (laughs). And I stop them. I don't want to know. And you don't want to tell me, not that I'm going to kill them. Just don't go there."



► I Melt With You, starring Rob Lowe, debuted at Sundance.

Rob Lowe hits high in roller-coaster life

Rob Lowe is shaking things up in his career and so far the moves are paying off. The 46-year-old has a new film called *I Melt With You*, which debuted at the Sundance Film Festival this past week.

He left the ABC drama *Brothers and Sisters* last spring and joined NBC's Thursday-night sitcom *Parks and Recreation*.

He also has a guest spot

"If you're lucky enough to stick around, you go through all of it."

ROB LOWE, 46-YEAR-OLD ACTOR

career is you go through periods where you're unfulfilled, you go through periods where you're hot and you're cold. If you're lucky enough to stick around, you go through all of it."

I Melt With You, which also stars Thomas Jane, Jeremy Piven and Christian McKay, is about a group of guy friends who get together for a yearly bonding weekend.

The trip turns serious when they open up and begin to question the way their lives have unfolded. The film has received mixed reviews at Sundance, which Lowe says is fine with him. "So much of our business today is safe," he says. "They'll sacrifice quality, humour, drama, budget, you name it, and throw it under the bus to add one more set of eyeballs. This movie doesn't."

THE ASSOCIATED PRESS



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After a month, Oprah's OWN weeds winners from losers

The Oprah Winfrey Network has grown its prime-time audience by one-third over the network it replaced. OWN's all-day viewership is up 25 per cent over the year-ago audience for Discovery Health, the channel OWN claimed when it signed on Jan. 1.

Oprah Winfrey ends her weekday talk show this spring. Least popular of OWN's first seven series is Oprah's Search for the Next TV Star. In February, the network will introduce *Our America With Lisa Ling*, as well as *What Would You Do?*, an acquisition from

ABC News, plus two more real-life series: *Breaking Down the Bars*, which takes viewers into a women's prison, and *Searching For...*, which follows the work of a professional investigative genealogist. A show similar to *The View* has been scrapped. THE ASSOCIATED PRESS



► U.S. First Lady Michelle Obama and Oprah in Chicago.

1 More new shows are on the way for one-month-old Oprah Winfrey Network. An average of 297,000 viewers are watching OWN in prime time, and on average 145,000 tuned in the full day, according to Nielson Co. data.

Charlie Sheen checks himself into rehab

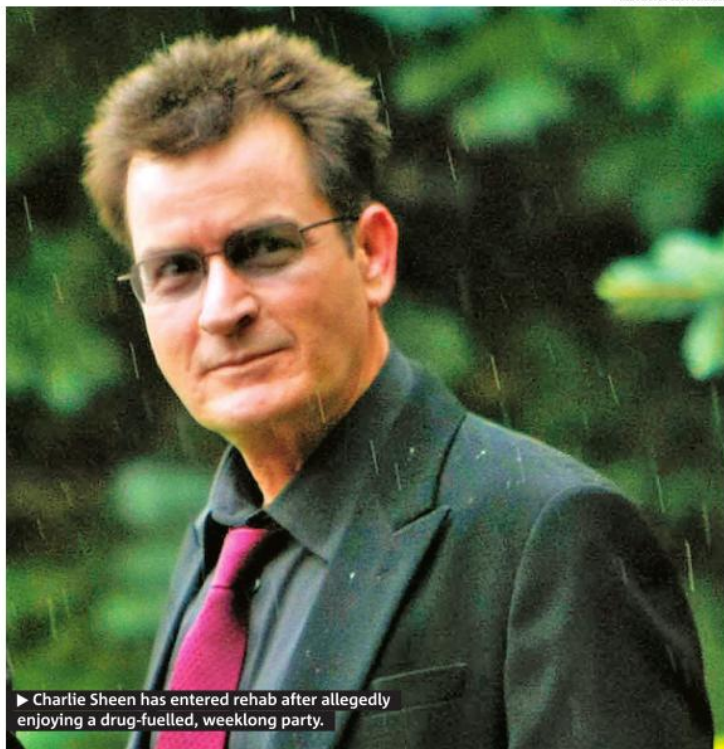
► Follows hospital stay for 'abdominal trouble'
► But Two and a Half Men actor says: 'I'm fine'

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdominal trouble," Charlie Sheen checked himself into rehab over the weekend, putting production for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisclosed rehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it. Guy can't have a great time and do his job also?"

● METRO



► Charlie Sheen has entered rehab after allegedly enjoying a drug-fuelled, weeklong party.

ALL PHOTOS GETTY IMAGES

Gibson's 'pirated' DVD

A DVD of Mel Gibson's new, unreleased movie, The Beaver, was stolen from his mailbox before it could be returned to the studio, according to the Hollywood Reporter.

"When the courier came to pick it up, it wasn't there," a police spokesman says. "Apparently someone prior to the courier took it out of the mailbox and made off with it."

But the police aren't exactly starting a task force to track down the culprit. "It's

a \$10 / DVD. We're treating it as a petty theft at this point," says the police official. "It's a misdemeanor. It's considered a minor crime." ● METRO



Celebrity tweets



James Cameron
[@JimCameron] I never tweet-

ed before because I'm a long winded blowhard, and they don't allow enough characters.



Jerry Bruckheimer
[@BruckheimerJB]

Billboards all over LA for The Beatles on iTunes - time to update the office playlist



Leonardo DiCaprio
[@LeoDiCaprio]

Start shooting J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.



Tom Arnold
[@TomArnold]

Loved Black Swan although it could have been funnier... ● METRO

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► Lisa Marie Presley

Lisa Marie didn't collapse: Rep

Lisa Marie Presley's rep is slamming a report by the National Enquirer that Presley collapsed from too much dieting.

"It is absolutely and

completely untrue," her rep says.

"The Enquirer puts Lisa on the cover every few months with manipulated photos and horrendous

stories of supposed 'meltdowns,' and has since she can remember. She is happy and healthy and working hard."

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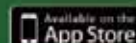
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A milestone



Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren. Stan and Jan Berenstain created hundreds of books until Stan Berenstain's death in 2005. Their son Mike collaborates with his mother on new books.

THE ASSOCIATED PRESS



Yup'ik Eskimo masks bring in \$4.6-million to highlight Winter Antiques Show.

► Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made

MICHAEL STRAVATO/ THE ASSOCIATED PRESS



► The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

Would you choose your loved one or pet?

Your sweetheart or your furry friend. If it came right down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14

"I couldn't give up my son, so that was it."

CHRISTOPHER J. HAMPTON, 67, ON GIVING UP A DOG HE HAD RAISED FROM A PUP WHEN HE DISCOVERED IT AFFECTED HIS SON'S ASTHMA

per cent picked their pet, according to an AP-Pet-side.com poll.

The poll revealed that those who were unmarried were more apt to choose their pet over their mate — 25 per cent among unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it

sounds insane but I've had numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any

reason can be really tough — unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left.

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-year-

old Rosenthal discovered the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids," said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody there to adopt her." The Rosenthals now have two other dogs.

About 57 per cent of adults have had to give up a pet at some point in their lives. THE ASSOCIATED PRESS

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The quintessential winter dish

► Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party.

The chili starts with an intense base of toasted seasonings, some classics, some not — cumin, cinnamon, cayenne, smoked paprika, instant coffee, mustard powder, ginger and garlic powder. From there, you build up. First, with some oil and onion then fresh garlic.

Once you have some serious flavour going, it's time to turn to the star — the meat. But why settle for just one? This recipe combines chopped flank steak, shredded pork tenderloin and, for good measure, ground buffalo.

Once the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

That last one isn't an essential ingredient, and it

really only works if you happen to have rinds kicking around the refrigerator. But if you do have some, letting them simmer in the chili effortlessly adds an incredible rich, savoury flavour.

Preparation:

- 1** In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside.
- 2** In a large, dry stockpot over medium heat, combine cumin, cinnamon, cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.
- 3** Return stockpot to burner over medium-high.

Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another minute.

- 4** Add chopped pork tenderloin, flank steak and ground buffalo. Cook until meat begins to brown, 6 to 8 minutes.
- 5** Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.
- 6** Spoon out and discard Parmesan rinds. Stir in lime juice and hot sauce, then season with salt and pepper. Serve topped with sour cream and cilantro.

THE ASSOCIATED PRESS



► Not only is chili a great cold weather meal, it's also perfect for Super Bowl parties.

Ingredients:

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1-inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch) strips
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) cayenne pepper
- 10 ml (2 tsp) smoked paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) instant coffee powder
- 5 ml (1 tsp) mustard powder
- 2 ml (1/2 tsp) ground ginger
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced
- 4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz) crushed tomatoes
- 250 ml (1 cup) beef broth
- 5 ml (1 tsp) liquid smoke
- Rinds from chunks of Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- Chopped fresh cilantro

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Forget sacrifice, try on innovation

► Author of the *Lazy Environmentalist* offers his tips

PROBLEM: I'm all for the environment, but don't like it when people get so strict about it.

SOLUTION: Me too. All that gloom-and-doom and moralizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood water bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel guilty.

SOLUTION: Here's my philosophy: If the green choices require me to sac-



rifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made

from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not about sacrifice — it's about embracing innovation.

PROBLEM: I'm into being green, but I already recycle, turn off the water when brushing my teeth, etc.

What's next?

SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving. ● METRO

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What do you recommend when it comes to shopping for an eco-friendly mattress?

Nicole of Vancouver

A mattress is a big purchase not to be taken lightly, given the number of



hours you'll use it, the years you'll need it to last and the cost. They're not all that easy to dispose of either.

Natural fibres are the best. Options for mattresses (and pillows and bedding) include wool, silk, hemp, organic cotton and natural latex. Avoiding synthetic fabrics and fibres derived from petrochemicals, like polyurethane foam, also eliminates concerns about off-gassing of volatile organic

compounds (VOCs).

Natural options mean you needn't lose sleep worrying about mites and fire resistance either! Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant.

Addressing mattress eco-friendliness wouldn't be complete without mentioning PBDEs. These are a group of synthetic chemicals added as fire retardants. PBDEs are not produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses made in Canada generally do not contain these flame retardants, but it is always good to ask. Also, you should avoid additives used to repel stains and water.



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Turning Point

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She stood in court staring into the eyes of her brother's killer. Annette Stanwick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told the convicted murderer that she forgave him, she walked away a changed woman. "When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to write an award winning book called *Forgiveness: The Mystery & Miracle*, and now is a much sought after international public speaker. When she's not

FREEDOM IN FORGIVENESS

working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons. Annette is enjoying life to its fullest, even riding Harley motorcycles with her husband. "Terrible things happen in life. Ac-

knowl- go of the fear and anger that are holding you back. We can rise above them. Climb the mountain. The view from the top is amazing."

Freedom formula

- ▶ Face the issues: Define those issues that create stress, pain and unhappiness.
- ▶ Feel the pain: Describe the suffering caused by the issue.
- ▶ Make positive choices: Read, write, get help and choose not to hang onto the pain anymore.
- ▶ Let go of the hurt: Release your grip on the anger, fear, shame, guilt or other negative emotions.
- ▶ Feel the freedom: Sense the peace, relief and liberation.



Gnomeo & Juliet
IN THEATRES FEBRUARY 11

Expanding your network



▶ Bulk up the business section of your Rolodex with a few easy tips for collecting contacts.

When it comes to landing a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of *I Found a Job Career Advice from Job Hunters Who Landed on Their Feet*, shares tips on how to network your way to a new job.

Alumni

- ▶ The term 'alumni' can apply to different groups: your college, high school, sorority/fraternity or people you worked with at a former employer. Mobilize them all.
- ▶ Alumni associations can provide a wealth of contacts and resources for job-hunters. Have you caught up with a college roommate lately? Use LinkedIn or Facebook to find out how they are and where they're working. If no job comes out of it, you've at least reconnected with a friend.

Get involved

Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across the country, is a group that brings executives, recruiters and business leaders together for discussion in person and online.

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

Volunteer your expertise

Use your knowledge in a field to help others. It can benefit you in your job search.

Employers want to hire people who are highly regarded in their fields. Volunteering provides the

opportunity to build a reputation while making key contacts.

Be curious

As you're networking or just running errands, be aware of what's going on around you and ask questions. Curiosity usually leads to discovery, and that can mean meeting someone who will lead you to a potential job. If you're shy, asking people about their jobs, careers or interests can be a way to expand your network.

It's a small world, and with so many people in so many industries displaced in the recession, it's highly likely you will know people at potential employers.

Previous work experience with someone on the inside can be a major advantage. **METRO**



▶ Annette Stanwick poses with her Harley.



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For some, it takes two

Nicholas MacLeod knows that owning not one but two smartphones doesn't exactly win him many points in the cool department.

If anything, it just draws strange looks and sarcastic remarks.

"I'd like to think I'm popular enough to have two phones but it's not the case," jokes MacLeod, 20, a web developer from Charlotte-town who takes a BlackBerry Bold 9700 and iPhone 3G everywhere he goes.

"The two of them do very different things and I've always said if someone could come up with an iBerry — that combined all the features I like from each — I would be super happy and would have a need for just one.

"There are a lot of people who would settle for just taking the BlackBerry as it is, or the iPhone as it is. I just wasn't willing to do that."

Look around on the bus, in malls and coffee shops and you'll occasionally see that relatively rare

breed of tech enthusiast who jumps between phones to make calls, text, tweet or load apps.

"I've been doing it for years and I see a lot of people that are, what I call, 'doublefisting,'" said Nick Bontis, a professor at McMaster University in Hamilton, who carries a BlackBerry Torch and iPhone 4.

"It does look weird to people when you have one and you pull out another one but, in some cases, it's easier. Every day I'm using both at once."

Bontis said there are several reasons he and others use multiple phones, besides a fetish for the latest and greatest.

For one, he suggests people with work-issued smartphones should really be thinking twice about how appropriate it is to use them for personal reasons.

"A lot of people still don't realize that the organization owns your email account and people, I think, often make mistakes when it's too late," he said.

THE CANADIAN PRESS



Teens unplugged

▶ A working mom takes her family off the grid for six months and lives to tell the tale ▶ Pens a memoir entitled *The Winter of Our Disconnect*

Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom.

The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called *The Winter of Our Disconnect*, she and her kids rediscovered

small pleasures — like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie Parker songbook," Maushart wrote. Bill says The Experiment was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni,

was less wired and more bookish than the others, so her transition in and out of The Experiment was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library. Even now, she swears off Facebook from time to time, just for the heck of it. Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to Maushart's home, she

spent hours on a landline phone as a substitute for texts and Facebook.

But the electronic deprivation had an impact anyway: Sussy's grades improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitively interrupted that had characterized many of their waking hours to become more focused logical thinkers."

Maushart decided to unplug the family because the kids — ages 14, 15 and 18 when she started The Experiment — didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she wrote. THE ASSOCIATED PRESS



▶ Author Susan Maushart says she realizes that living off the grid for six months is unrealistic for most people, but encourages families to unplug periodically.

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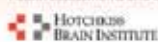
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- ➔ See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.

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Teacher's study makes a splash

► Ryerson professor links improper hand-washing to the spread of gastrointestinal problems in schools

A professor is advocating the importance of hand-washing, and how it can go a long way toward keeping students healthy, after a study on preventing school-based gastrointestinal outbreaks was conducted.

Prof. Marilyn Lee, who teaches in Ryerson University's School of Occupational and Public Health, says that lack of hand-washing and improper food handling are two of the major reasons for the spread of the uncomfortable symptoms associated with gastrointestinal upsets.

In the confined space of a classroom, gastrointestinal illnesses can spread quickly, Lee said in an interview from Guelph, Ont.

Lee is the lead author of A Review of Gastrointestinal Outbreaks in Schools:



► Prof. Marilyn Lee washes her hands at Ryerson University.

Effective Infection Control Interventions. The study, in the December 2010 issue of the Journal of School Health, deals with food preparation in schools from kindergarten through university/college.

Typically, gastrointestinal illnesses are short-lived

and their symptoms – cramps, fever, vomiting and diarrhea – don't require medical treatment. Some children, however, require hospitalization and even, in the case of E. coli contamination, can die from their condition.

THE CANADIAN PRESS

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Quoted



"There's a lot of fake tough guys in this league and he's one of them."

KEVIN DURANT ON CHRIS BOSH AFTER THE TWO HAD AN ON-COURT ARGUMENT YESTERDAY THAT LED TO A TECHNICAL FOUL FOR DURANT. DURANT SAYS HE WAS UPSET BECAUSE BOSH GOT INVOLVED IN HIS CONVERSATION WITH A TEAMMATE.

G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations.

Djokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final yesterday.

Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me," Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever. I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011, though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. "It means a world to me. I'm still 23. I still have a lot of time to go."

THE ASSOCIATED PRESS

2 Australian Open champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold onto the women's No. 1



► Team captains Nicklas Lidstrom and Eric Staal shake hands yesterday after Team Lidstrom defeated Team Staal 11-10.

Stars show off shinny skills

► New player draft format creates buzz going into weekend, but fails to add life to game ► Chicago's Patrick Sharp wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates were unable to capitalize on home-ice advantage and the NHL's all-star game was unable to live up to the hype created by its new format.

The Hurricanes captain did his best by scoring twice yesterday, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz

moments — something that was in large supply during Friday's draft and Saturday's skills competition.

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duchene, Steven Stamkos, Jonathan Toews, Marty St. Louis and Loui Eriksson each had one.

Staal and Kris Letang

each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year — putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until

the minutes wound down.

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback. Eriksson scored into an empty net.

THE CANADIAN PRESS



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d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-5-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-1	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	16-5-6-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	11-13-0-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	54	12-10-1-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-1-0	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

ALL-STAR WEEKEND

At Raleigh, N.C.

Yesterday's results

All-Star Game

Team Lidstrom 11 Team Staal 10

Saturday's result

Skills Competition

Team Staal def. Team Lidstrom, 33-22

Tonight's game

No Games Scheduled.

Tomorrow's games

Florida at Toronto, 7 p.m.

Ottawa at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
Montreal at Washington, 7 p.m.
Boston at Carolina, 7 p.m.
N.Y. Islanders at Atlanta, 7 p.m.
Chicago at Columbus, 7 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Calgary at Nashville, 8 p.m.
Los Angeles at Minnesota, 8 p.m.
Vancouver at Dallas, 8:30 p.m.
Phoenix at San Jose, 10 p.m.

Penalty — None
Missed penalty shot — Duchene Lid, 6:13.
Shots
Team Lidstrom 14 16 15-45
Team Staal 14 17 15-46
Goal (shots-saves) — Team Lidstrom: Fleury (14-10), Hiller (start second, 17-15); Thomas (W)(start third, 15-11); Team Staal: Ward (14-10), Price (start second, 16-13), Lundqvist (L)(start third, 14-11). **Power plays (goals-chances)** — Team Lidstrom: 0-0; Team Staal: 0-0.
Referees — Tom Kowal, Kevin Pollock. **Linesmen** — Don Henderson, Darren Gibbs.
Att. — 18,680 (18,680) at Raleigh, N.C.

NHL ALL-STAR MVPS (NOT AWARDED BEFORE 1962) (X-GOALTENDER)
2011 — Patrick Sharp, Chicago
2010 — Game Not Held (Olympics)
2009 — Alex Kovalev, Montreal
2008 — Eric Staal, Carolina
2007 — Daniel Briere, Buffalo
2006 — Game Not Held (Olympics)
2005 — Game Not Held (lockout)
2004 — Joe Sakic, Colorado
2003 — Dany Heatley, Atlanta
2002 — Eric Daze, Chicago
2001 — Bill Guerin, Boston

GOAL SCORING	GP	G
Steven Stamkos Tampa Bay	51	38
Sidney Crosby Pittsburgh	41	32
Ryan Kesler Vancouver	50	27
Daniel Sedin Vancouver	50	27
Danny Briere Philadelphia	47	26
Patrick Sharp Chicago	49	26
Corey Perry Anaheim	52	25
Eric Staal Carolina	50	25

GOLF

PGA FARMERS INSURANCE OPEN

At San Diego

Par 72

Final Round

Bubba Watson, \$1,044,000	71-65-69-67—272
Phil Mickelson, \$626,400	67-69-68-69—273
Dustin Johnson, \$336,400	69-69-71-66—275
Jhonattan Vegas, \$336,400	69-69-68-68—275
D.A. Points, \$232,000	73-68-68-67—276
Nick Watney, \$194,300	70-73-72-63—278
Anthony Kim, \$194,300	68-67-71-72—278
Hunter Mahan, \$194,300	69-67-69-73—278
Wesley Murray, \$150,800	74-68-70-67—279
Marc Leishman, \$150,800	67-72-71-69—279
Brandt Snedeker, \$150,800	70-69-70-70—279
Bill Haas, \$150,800	67-66-71-75—279
Billy Mayfair, \$121,800	70-69-71-70—280
Charles Howell III, \$104,400	71-68-73-69—281
Ben Crane, \$104,400	70-66-74-71—281
Kevin Sutherland, \$104,400	69-69-71-72—281
Brendan Steele, \$87,000	70-68-74-70—282
Tom Gillis, \$87,000	72-70-69-71—282
David Duval, \$87,000	70-70-71-71—282
Vijay Singh, \$65,192	72-71-71-69—283
Pat Perez, \$65,192	69-70-72-72—283
Joe Durant, \$65,192	72-69-71-71—283
Spencer Levin, \$65,192	71-71-69-72—283
Rickie Fowler, \$65,192	65-71-73-74—283
Ben Martin, \$46,255	68-72-73-71—284
Justin Rose, \$46,255	72-70-72-70—284
Keeper Bradley, \$46,255	67-74-70-73—284
Fredrik Jacobson, \$46,255	67-69-73-75—284
a-Anthony Paolucci	70-71-72-72-285
Bill Lunde (37), \$33,814	71-71-71-72-285
Tom Herron (37), \$33,814	74-68-70-73-285
Paul Stankowski (37), \$33,814	68-74-70-73-285
Brandt Jobe (37), \$33,814	67-73-72-73-285
Zack Miller (37), \$33,814	69-71-72-73-285
Chris Couch (37), \$33,814	70-71-74-70-285
K.J. Choi (37), \$33,814	72-69-74-70-285
Garrett Walker (37), \$33,814	71-69-71-74-285
Jimmie Murrell (37), \$33,814	73-70-73-69-285
Blake Adams (37), \$33,814	71-68-71-75-285
Scott Gutschewski (30), \$24,360	72-69-72-73-286
D.J. Brigrum (30), \$24,360	72-70-71-73-286
Richard S. Johnson (30), \$24,360	67-72-72-74-286
Tim Lister (30), \$24,360	70-71-74-71-286
Hunter Haas (24), \$18,096	70-70-73-74-287
Brian Davis (24), \$18,096	69-68-75-75-287
Camilo Villegas (24), \$18,096	69-70-75-73-287
Tiger Woods (24), \$18,096	69-69-74-75-287

EUROPEAN PGA VOLVO CHAMPIONS

At Riffa, Bahrain

Par 72

Final Round

Paul Casey, England	67-67-66-68—268
Peter Hanson, Sweden	66-67-67-69—269
Miguel Angel Jimenez, Spain	68-65-69-67—269
Stephen Gallacher, Scotland	70-64-69-67—270
Robert Karlsson, Sweden	69-67-69-66—271
Johan Edfors, Sweden	64-71-68-69—272
Noh Seung-yeul, Korea	69-68-70-65—272

BOBSLED

WORLD CUP

At St. Moritz, Switzerland

1. Latvia 1 (Edgars Maskalans, Daumants Dreiskens, Ugis Zalims, Intars Dambis), two minutes, 9.34 seconds (1:05.11-1:04.23); 2. Switzerland 2 (Beat Hefti, Roman Handstein, Thomas Lamparter, Manuel Luthli), 2:09.36 (1:04.93-1:04.43); 3. Germany 1 (Manuel Machata, Richard Adjei, Andreas Bredau, Christian Poser), 2:09.50 (1:05.04-1:04.46); 4. Also: 9. Canada 1 (Lyndon Rush, Humboldt, Sask., Justin Wilkinson, Calgary; Cody Sorenson, Ottawa; Neville Wright, Edmonton) 2:10.14 (1:05.45-1:04.69)	67-67-66-68—268
World Cup Four-Man Standings (After seven of eight events)	66-67-67-69—269
1. Manuel Machata, Germany, 1,461 points; 2. Steven Holcomb, U.S., 1,346; 3. Karl Angerer, Germany, 1,266; 4. Alexander Kasjanov, Russia, 1,216; 5. Alexandr Zubkov, Russia, 1,195; 6. Lyndon Rush, Humboldt, Sask., 1,152; 7. Edgars Maskalans, Latvia, 1,003; 8. Patrice Servelle, Monaco, 982; 9. Gregor Baumann, Switzerland, 978; 10. Simone Bertazzo, Italy, 968.	68-65-69-67—270
	69-67-69-66—271
	64-71-68-69—272
	69-68-70-65—272

SOCCER

ENGLAND

FA CUP

Fourth Round

Yesterday's results

Arsenal 2 Huddersfield 1	71-65-69-67—272
Fulham 4 Tottenham 0	67-69-68-69—273
Notts County 1 Manchester City 1	69-69-71-66—275
West Ham 3 Nottingham Forest 2	73-68-68-67—276
Wolverhampton 0 Stoke 1	70-73-72-63—278

FRANCE

LIGUE 1

Yesterday's results

Eintracht Frankfurt 0 Borussia Moenchengladbach 1	70-73-72-63—278
Stuttgart 0 Freiburg 1	69-69-71-66—278

GERMANY

BUNDESLIGA

Yesterday's results

Eintracht Frankfurt 0 Borussia Moenchengladbach 1	71-65-69-67—272
Stuttgart 0 Freiburg 1	69-69-71-66—278

ITALY

SERIE A

Yesterday's results

Brescia 0 Chievo Verona 3	70-73-72-63—278
Cagliari 2 Bari 1	71-71-71-72-285
Genoa 3 Parma 1	74-68-70-73-285
Inter Milan 3 Palermo 2	68-74-70-73-285
Juventus 1 Udinese 2	67-73-72-73-285
Lecce 1 Cesena 1	69-71-72-73-285
Napoli 4 Sampdoria 0	72-69-74-70-285
Bologna vs. AS Roma (ppd.)	71-69-71-74-285

SCOTLAND

LEAGUE CUP

Semifinal

Yesterday's result

Rangers 2 Motherwell 1

PREMIER LEAGUE

Yesterday's result

Dundee United 3 Hibernian 0

SPAIN

LA LIGA

Yesterday's results

Atletico Madrid 0 Athletic Bilbao 2	67-67-66-68—268
Espanol 0 Villarreal 1	66-67-67-69—269
Osasuna 1 Real Madrid 0	68-65-69-67—270

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	.800	62	50	—
Philadelphia	5	3	2	.600	46	45	1
Buffalo	4	2	2	.500	38	38	1 1/2
Rochester	4	2	2	.500	38	48	1 1/2
Boston	6	3	3	.500	55	46	1 1/2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Minnesota	4	3	1	.750	46	37	—
Calgary	6	4	2	.667	71	69	—
Washington	5	2	3	.400	59	64	1 1/2
Colorado	4	1	3	.250	39	41	2
Edmonton	5	0	5	.000	44	59	3 1/2

Week Four

Saturday's results

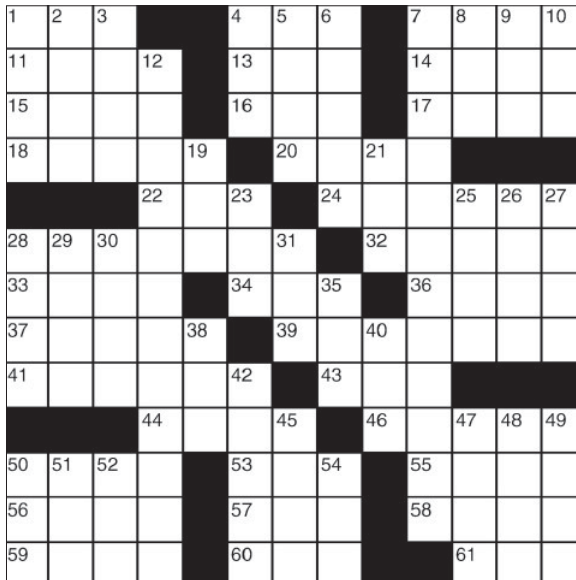
Crossword

Across

1 Humpty Dumpty, e.g.
4 Recede
7 Stroller
11 Let fall
13 Pitch
14 Emanation
15 Comical Carvey
16 Cassius Clay, now
17 Foot fraction
18 Follows orders
20 Lascivious
22 Help
24 Under-stand
28 Self-indulgent spender
32 Cohort of Brahma and Vishnu
33 Owl's call
34 Auction offer
36 Always
37 Draw a conclusion
39 Clothing fasteners
41 Villainous sort
43 Luau bowlful
44 Frog's cousin
46 — salts
50 Likely name for a poodle
53 Showbiz job
55 Otherwise
56 Hodge-podge
57 Deposit
58 Characterization
59 Singer Campbell
60 Shady tree
61 Stir-fry pan

Down

1 Taro root
2 Snatch
3 Vanished
4 Greek vowel

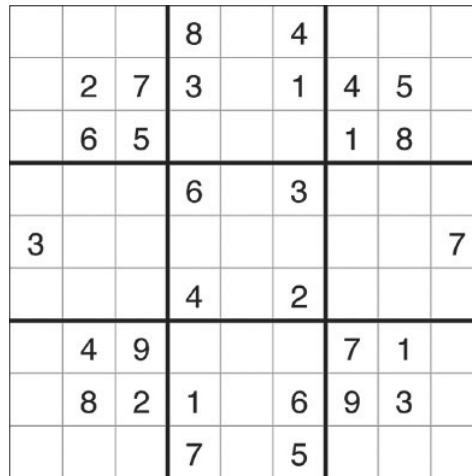


5 "I Love Lucy" star
6 Concise
7 Bore an expense
8 Scoot
9 Curved line
10 — jongg
12 "Listen up!"
19 Madam's counterpart
21 Existed
23 Society newcomer
25 Bees' home
26 Finished
27 Fourth planet
28 Caprice
29 Top-notch
30 Couch
31 Claiborne of fashion
35 Quick swim
38 — de Janeiro
40 "The Raven" writer
42 American bird
45 Rotary phone feature
47 Time-consuming
48 Norway's capital
49 Timid
50 Visibility hindrance
51 Under the weather
52 "Curse you!"
54 Phys. ed. venue

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	8	5	1	3	4	7
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

A look at the weather

TODAY Min -24° Max -17°
TUESDAY Min -22° Max -3°
WEDNESDAY Min -22° Max -3°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

♉ Taurus April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

♊ Gemini May 22-June 21 Others will go out of their way to pick holes in your arguments today — but that's okay because you'll simply ignore them.

♋ Cancer June 22-July 22 Re-

sist the temptation to look at the world you inhabit as a "bad" place — it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

♌ Leo July 23-Aug. 23 Check the small print before putting pen to paper today because someone could be trying to trick you into believing that you are getting a really good deal when, in fact, you will end up losing out.

♍ Virgo Aug. 24-Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't get carried away.

♏ Scorpio Oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

♐ Sagittarius Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

♑ Capricorn Dec. 22-Jan. 20 You may be suspicious that

certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

♒ Aquarius Jan. 21-Feb. 18 Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

♓ Pisces Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. **SALLY BROMPTON**

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



Jean Taylor Tlingit Artist



Practical Beauty Exhibition & Sale

February 3rd, First Thursday:
Opening Exhibition
and Artist in Attendance
4:00 - 8:00pm

February 4th
Exhibition & Sale
and Artist in Attendance
12:00-4:00pm

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